

# April 2026

## JANDRUGKO ACADEMY PRE-K MENU

• 1% MILK OFFERED AT BREAKFAST AND LUNCH DAILY

THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER – MENU SUBJECT TO CHANGE

- BROCCOLI CONTAINS ANTIOXIDANTS THAT MAY SUPPORT HEALTHY CELLS & TISSUES.
- STUDIES SHOW CRUCIFEROUS VEGETABLES, LIKE BROCCOLI, MAY HAVE CANCER PREVENTATIVE EFFECTS.
- BROCCOLI'S FIBER AND ANTIOXIDANT CONTENT MAY HELP LOWER BLOOD PRESSURE AND IMPROVE DIABETIC CONTROL.

### TDA'S HARVEST OF THE MONTH:

BROCCOLI IS MADE OF TINY GREEN BUDS. IF YOU LET IT KEEP GROWING, THOSE BUDS TURN INTO LITTLE YELLOW FLOWERS.

**FUN FACT**

### BROCCOLI



**1 CHEESY EGG BITE WITH WHEAT TOAST**

BEEF AND/OR CHEESE NACHOS

SEASONED REFRIED BEANS, LETTUCE AND TOMATO TOPPER, MANGOS & PINEAPPLES

**2 DANIMALS YOGURT WITH TOAST**

CHEESY SCRAMBLED EGGS WITH CINNAMON SUGAR TOAST

HASHBROWN PATTY, CHILLED DICED PEARS

**No School**

**6 CINNAMON TOAST CRUNCH**

HAMBURGER

EMOJI FRIES, FRESH BLUEBERRIES

**7 FRENCH TOAST STICKS**

MUFFIN & YOGURT BOX

CUCUMBER PINWHEELS, TROPICAL FRUIT SALAD

**8 CHEESY EGG BREAKFAST SANDWICH**

MAC AND CHEESE WITH POPCORN CHICKEN TOPPER

STEAMED BROCCOLI, MANDARIN ORANGES

**9 SCRATCH MADE BLUEBERRY BREAD**

CRISPY CHICKEN DRUMSTICK WITH FRESH ROLL

MASHED POTATOES WITH GRAVY, CINNAMON APPLESAUCE

**10 MUFFIN WITH STRING CHEESE STICK**

TURKEY PEPPERONI PIZZA

CAESAR SALAD, CINNAMON APPLE CRISP

**13 CHEERIOS**

CHICKEN TENDERS

MASHED POTATOES WITH GRAVY, FRESH ORANGE SMILES

**14 CHEESY EGG BITE WITH TOAST**

SMOOTHIE & PRETZEL BOX

VEGGIE DIPPER CUP, FRESH APPLE SLICES

**15 TURKEY SAUSAGE ON SOUTHERN STYLE BISCUIT**

BEEF AND/OR CHEESE NACHOS

RANCHERO BEANS, MANGOS & PINEAPPLES

**16 DANIMALS YOGURT WITH TOAST**

BUILD YOUR OWN SANDWICH PLATTER

FRESH BROCCOLI, CHILLED PEACHES

BITE SIZE HERO: COTTAGE CHEESE

**17 BELGIAN WAFFLE**

STEAK FINGERS

HONEY GLAZED CARROTS, CHILLED DICED PEARS

**20 CINNAMON TOAST CRUNCH**

POPCORN CHICKEN WITH FRESH ROLL

SEASONED GREEN BEANS, FRESH ORANGE SMILES

**21 BREAKFAST PIZZA**

BAKED ROTINI WITH MEATSAUCE & FRESH GARLIC KNOT

STEAMED BROCCOLI, CHILLED DICED PEARS

**22 CHEESY EGG BREAKFAST SANDWICH**

CHOC CHIP ENERGY BITE FREEBIE!

TANGERINE CHICKEN WITH FRIED RICE

**CELEBRATE EARTH DAY WITH US!**

HONEY GLAZED CARROTS, CHILLED PEACHES

**23 SCRATCH MADE BLUEBERRY BREAD**

BUILD YOUR OWN FRUIT PARFAIT WITH CHICKEN SAUSAGE & TOAST

CUCUMBER PINWHEELS, STRAWBERRY CUP

**24 TURKEY SAUSAGE ON SOUTHERN STYLE BISCUIT**

CHEESE PIZZA WITH CHOCOLATE CHIP COOKIE

GARDEN FRESH SALAD, PINEAPPLES & CHERRIES

**27 CHEERIOS**

BBQ MEATBALLS WITH FRESH ROLL

MASHED POTATOES WITH GRAVY, FRESH ORANGE SMILES

**28 BELGIAN WAFFLE**

GRILLED CHEESE WITH TOMATO SOUP

PEAS & CARROTS, CINNAMON APPLES

**29 CHEESY EGG BITE WITH TOAST**

BEEF AND/OR CHEESE NACHOS

SEASONED REFRIED BEANS, LETTUCE AND TOMATO TOPPER, MANGOS & PINEAPPLES

**30 DANIMALS YOGURT WITH TOAST**

CHEESY SCRAMBLED EGGS WITH CINNAMON SUGAR TOAST

HASHBROWN PATTY, CHILLED DICED PEARS

**MEAL PRICES**

STUDENT BREAKFAST: \$2.25  
 REDUCED BREAKFAST: FREE  
 STUDENT LUNCH: \$3.25  
 REDUCED LUNCH: FREE  
 ADULT LUNCH: \$5.25

EXTRA ENTREES, SIDES, SNACKS & BEVERAGES AVAILABLE FOR PURCHASE



### COTTAGE CHEESE

- HIGH IN PROTEIN! HALF A CUP PROVIDES BETWEEN 12-15 GRAMS!
- SUPPORTS THE BUILDING OF MUSCLE AND OVERALL BONE HEALTH!
- CONTAINS PROBIOTICS THAT CAN HELP BALANCE AND PROTECT OUR GUT!

**FUN FACT**

COTTAGE CHEESE GETS ITS NAME BECAUSE IT WAS TRADITIONALLY MADE IN SMALL "COTTAGES" USING FRESH MILK LEFT OVER AFTER MAKING BUTTER!

[f](#) @MANSFIELD ISD STUDENT NUTRITION  
[i](#) @THECROSSINGCAFE\_MISD  
 VEGETARIAN